

WHOOH, WHOOHH, WHOOOHHH!

This one is fun and kind of silly. Even so, purposeful exhalations will strengthen core muscles and improve awareness of core stability.

Benefits »

- ⦿ Improves core stability.
- ⦿ Links breathing to core strength.
- ⦿ Strengthens core muscles, especially the abdominal wall.

How to Do It »

The Start

Participants sit with their back away from the chair back. The hips can touch the back of the chair, but the back should not. Feet are flat on the floor, shoulder-width apart. Sit with shoulders over the hips, head retracted slightly, and chin level. Ask participants to place their hands on their abdomen.

The Moves

- ⦿ Participants take 3 seconds to inhale deeply and slowly through the nose. As they do so, they pull into a tall sit.
- ⦿ Exhale slowly through pursed lips (“whooh”) until they have blown out all their breath. The exhalation should take 3 to 5 seconds.
- ⦿ Repeat. (Can they feel bracing in their abdomen during the exhalations?)
- ⦿ Inhale again through the nose, slowly. Cue it as, “Big breath in.”
- ⦿ Exhale through pursed lips again, but this time blow out short, quick, little puffs of air with each “whooh, whooh, whooh!” (Can they feel their abdominals brace with each puff?)
- ⦿ The last puff should be a long “whoohhh,” lengthened to expel the very last of the breath.
- ⦿ Repeat four to six times, as tolerated.

Take It Further »

- ⦿ Do a few more repetitions.
- ⦿ Do more whoohs or longer whoohhhs.

Give It More Balance »

- ⦿ Progress from parallel feet to offset or tandem feet.
- ⦿ Add simple upper-body activities, such as Waist Whittlers (see page 123).
- ⦿ Do while standing.

Keep It Safe »

Remind participants to maintain a tall sit with abdominals pulled in gently. If they get dizzy, they should stop and breathe normally.

Live It »

It’s nice to see how breathing ties to core stability. The long, slow exhalations help participants hunker down and get stable.